

Symposium

📅 2025年9月28日(日) 10:40 ~ 12:10 🏢 Session Room 6 (Conference Room B)

[Symposium 89] Traditional Medicine and Mental Health Care

Moderator: Fumiya Miyano (Department of Psychiatry, Hokkaido University Graduate School of Medicine)

[SY-89]

Traditional Medicine and Mental Health Care

Fumiya Miyano^{1,6}, Chommakorn Thanetnit², Ken Suzutani^{3,6}, Piyush Verma⁴, Katsuomi Yoshida^{5,6} (1.Department of Psychiatry, Hokkaido University Graduate School of Medicine(Japan), 2.Department of Psychiatry, Thammasat University Hospital(Thailand), 3.Department of psychiatry Aizu Medical Center (Japan), 4.Sukoon Health (India), 5.Kanagawa Psychiatric Center(Japan), 6.Japan Young Psychiatrists Organization(Japan))

[SY-89-01]

Thai Traditional Massage in Contemporary Mental Health Care

*Chommakorn Thanetnit (Srithanya Hospital, Department of Mental Health, Ministry of Public Health, Nonthaburi, Thailand(Thailand))

[SY-89-02]

onsen and psychiatry

*Ken Suzutani (Department of Psychiatry,Fukushima Medical Univ. Aizu Medical Center(Japan))

[SY-89-03]

Traditional Treatment Modalities for Mental Health from India

*Piyush Verma (Consultant Psychiatrist (India))

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キーワード : Traditional Medicine、Mental Health Care、Traditional Thai Medicine、Traditional Chinese Medicine、Ayurveda and Yoga

Psychiatry, while grounded in scientific evaluation and intervention, cannot disregard the unique knowledge systems shaped by regional and cultural contexts. Culture-specific mental phenomena such as the Ainu people's *Imu*, Japan's *Kitsunetsuki* (fox possession), and Southeast Asia's *Amok* provide critical perspectives for understanding mental health. Additionally, traditional cultural practices like mindfulness rooted in Buddhism, Morita Therapy derived from Zen, and yoga based on Ayurveda have been restructured within the framework of modern medicine and are gaining attention as novel therapeutic methods. This symposium aims to explore the intersection of traditional medicine and modern psychiatry, addressing the following central questions: How can different knowledge systems engage in dialogue, and what new horizons can we open to address mental health challenges in contemporary society? The goal is to chart a path forward for their integration.

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[SY-89-01] Thai Traditional Massage in Contemporary Mental Health Care

*Chommakorn Thanetnit (Srithanya Hospital, Department of Mental Health, Ministry of Public Health, Nonthaburi, Thailand(Thailand))

キーワード : Thai traditional massage、massage therapy、mental health

Mental health care in Thailand has evolved from traditional roots to a modern system that integrates Western psychiatry with Thai traditional medicine. Historically, treatments were based on Buddhist philosophy, animism, spiritual rituals, herbal remedies, and Thai Traditional Massage. In modern practice, these traditional treatments, such as Thai Traditional Massage, herbal medicine, and Buddhist psychotherapy, have been integrated with Western medicine under the term “Applied Thai Traditional Medicine.” This approach is increasingly incorporated into contemporary mental health treatment and rehabilitation.

This symposium explores the role of Thai Traditional Massage (TTM) as an adjunctive treatment for mental health conditions. TTM uses deep rhythmic pressure, assisted stretching, and manipulation of energy lines to relieve muscular tension, enhance flexibility, improve circulation, and promote physical and mental relaxation. Emerging clinical evidence supports its use as one of several adjunctive strategies for reducing symptoms of depression, anxiety, insomnia, and musculoskeletal pain. Randomized controlled trials have shown improvements in depression scores and quality of life in patients with Major Depressive Disorder when TTM is used alongside conventional treatment. Additional benefits include stress reduction, better sleep, and improved emotional well-being, especially among the elderly and those with myofascial pain syndrome. Despite promising outcomes, the evidence base remains limited. High-quality clinical trials and systematic reviews are needed to clarify TTM's mechanisms and develop standardized protocols. Expanding research could support broader integration of TTM into global mental health care.

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[SY-89-02] onsen and psychiatry

*Ken Suzutani (Department of Psychiatry, Fukushima Medical Univ. Aizu Medical Center(Japan))

キーワード : hot spring therapy、 traditional medicine、 preventive medicine

Japan has numerous hot springs(onsen) since ancient times. Hot spring therapy, in its narrow sense, encompasses the following effects: 1.thermal effects, 2.physical effects such as buoyancy, water pressure, and viscous resistance, 3.chemical and pharmacological effects due to contained substances, and 4. indirect effects such as the direct effects of drinking hot spring water and the body's physiological responses to stimuli.Additionally, environmental factors such as marine, forest, and terrain conditions, as well as activities like exercise, diet, and physical therapy conducted in hospitals or facilities, combine to form broad-spectrum hot spring therapy. Traditionally, hot springs have been said to offer the “three benefits of hot springs”: rest (recreation), health maintenance (convalescence), and disease treatment (therapeutic care).While there are reports that hot springs are effective in treating muscle pain and skin diseases, recent studies have also suggested their potential impact on mental health improvement. For example, a survey examining the relationship between hot spring bathing and depression among elderly Japanese individuals found a correlation between regular daily hot spring bathing and lower rates of depression history.In this presentation, we will discuss the intersection of hot springs and psychiatry while touching on the differences between hot spring cultures in Japan and overseas.

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[SY-89-03] Traditional Treatment Modalities for Mental Health from India

*Piyush Verma (Consultant Psychiatrist (India))

キーワード：YOGA、AYURVEDA、TRADITIONAL MEDICINE

India stands home to one of the most ancient civilisations universally, endowed with a rich heritage of traditional healing practices. Many contemporary practices have roots in century old rituals for both physical and mental health. A few such practices which have acclaimed global recognition are Ayurveda and Yoga. They are known to be profound disciplines with substantiated evidence of their benefits and efficacy. Ayurveda views the mind and body as two parts of a system that forms a healthy individual through mutual balance - quiet like the yin Yang. It elaborates three treatment modalities; spiritual therapy, mind therapy and rational therapy, of which rational therapy includes the use of medicinal herbs. Many of these herbs have earned widespread recognition for their potential to aid psychopharmacology. Yoga is an evidence based meditation approach often used for treating or managing mental health conditions, proven effective for individuals dealing with anxiety, depression, post traumatic stress, etc. These robust advantages should be further explored for treating and managing psychiatric conditions.